

The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

Spring/Summer 2011

Research Review

Are women who give birth to premature or low birth weight infants more at risk for Postpartum Depression (PPD)?

In 2010 Vigod, Villegas, Dennis & Ross published a systematic review of 26 articles, with a total of 2392 mothers of preterm infants. The purpose of the review was to determine the prevalence of PPD in women with preterm and/or low birth weight babies, as well as the risk factors associated with PPD in these populations.

Although there were several limitations noted in these studies, and the authors acknowledge that this is an area that needs more rigorous research, they conclude that there is evidence that PPD is an issue in these populations. Results suggest that mothers of premature babies are at higher risk for depression in the immediate postpartum period and mothers of very-low-birth-weight babies (under 1500 g) are at continued risk for depression throughout the first postpartum year. The authors also suggest an association between sustained depression and earlier gestational age, lower birth weight, ongoing infant illness/disability and perceived lack of social support.

Vigod S, Villegas L, Dennis C-L, Ross L. Prevalence and risk factors for postpartum depression among women with preterm and low-birth-weight infants: a systematic review. *BJOG* 2010;117: 540-550

Steering Committee Members: Best Start Health Coalition in Peel~ Caledon Parent/Child Centre~ Credit Valley Hospital~ Mississauga Parent Child Resource Centres~ Infant and Child Development Services Peel~ Peel Children's Centre~ Peel Public Health~ Punjabi Community Health Services~ Spectra Community Services~ Success By 6 Peel~ Vita Centre



Coordinator's Corner

2011 marks the tenth anniversary of the International Year of Volunteers! In honour of this, Peel Health Volunteer Resources thanked it's volunteers during National Volunteer Week in April. This gave the PMD program the opportunity to thank it's volunteers for their on-going dedication and contribution to the program, through teaching and educating others about PMD.

In February and March of this year, I had the pleasure of meeting many of our original volunteers, who were trained in March 2010. At the end of April, I met and trained 5 more Peer Volunteer Educators. Welcome aboard!!

I wanted to take this opportunity to acknowledge our volunteers' commitment to the program and to thank all of them for sharing their time and stories in an effort to help women and their family members. Their efforts have not gone unrewarded, as you will see from the fabulous feedback we have received from the workshop presentations over the past year. (See article on back).

I hope everyone enjoys their summer plans and adventures, Whether you are staying close to home or travelling a further afield, let's hope for good weather and a safe summer!

Philippa Bodolai, M.Sc. 905-791-7800 x2650 or philippa.bodolai@peelregion.ca

"No act of kindness, no matter how small, is ever wasted" ~Aesop



Peel Public Health is now on Facebook at

www.facebook.com/parentinginpeel

Peel Public Health is now offering another way for parents, caregivers, and community partners in the Region of Peel to communicate with Public Health Nurses. Although clients already have the option to speak with Public Health Nurses over the telephone by calling 905-799-7700 or 905-584-2216 (Caledon), a survey of existing clients informed Peel Public Health that parents turn to the internet for information on health, parenting and pregnancy, and most are also active Facebook users. This led to the creation of a Facebook page to allow Public Health Nurses to connect with people in a current, innovative way.

Parenting in Peel helps clients find the information they need to:

- Get ready to have a baby
- Have a healthy pregnancy
- Take care of themselves and their new babies after birth
- Breastfeed
- Parent their children up to age 6

The Facebook page provides opportunities to interact with parents and caregivers from Peel's diverse population while promoting community services. It is also an excellent way to learn more about the community's needs and interests.

If you're looking for more information about parenting or pregnancy and do not have a Facebook account, visit www.ParentingInPeel.ca or email the Parenting in Peel Facebook team at parentinginpeel@peelregion.ca.

Visit Facebook to "Like" Parenting In Peel and "Share" the news!



Adjusting to Life After Baby Workshops



Our 'Adjusting to Life after Baby Workshops' are presented in the community by trained Volunteer Peer Educators. The workshops include information about:

- PMD; including symptoms and risk factors
- common myths of parenting
- the importance of self-care
- resources and supports available in the community.

During the presentation, our volunteers also share their own personal stories about their experience with PMD.

In May 2010, the first of our Adjusting to Life after Baby Workshops was presented. Since then, our volunteers have donated over 257 hours of time and presented to over 200 participants at various locations in Peel including; OEYCs, Hubs and Readiness Centres, Settlement Agencies and Teen Prenatal Supper Clubs. Feedback from the participants about the workshop experience is positive:

- 89% reported learning new information at the workshop. Many participants commented that they would use the information to help themselves or help those who are pregnant.
- 78% agreed that the most useful part of the workshop was hearing the personal stories of the Volunteers. Participants also felt that the general overview of PMD, the information on how to build supports, and the self care ideas were also useful.
- 99% of respondents rated our presenters as very good (65%) or good (34%).
- 94% would recommend this workshop to others.

If you would like to book a workshop at your organization, fill out our [Request a Workshop](#) form or email me at philippa.bodolai@peelregion.ca

Dad's Space

Recently, Terese Borchard, Associate Editor of Psych Central, posted a blog regarding male depression. She stated that male depression often looks and feels different than female depression, which may be one of the reasons many men do not get diagnosed.

For more information and discussion:
[10 Things You Should Know about Male Depression](#)

When Postpartum Support International (PSI) filmed "Healthy Mom, Happy Family", they also interviewed three Dads who were willing to share their stories:

[Fathers Respond to Perinatal and Postpartum Mood and Anxiety Disorders](#)



Remember.....Dads are welcome to call the Peel Postpartum Family Support Line at 905-459-8441!



"Earth laughs in flowers" ~Ralph Waldo Emerson

Did you know?

'Adjustment After Birth Peer Support Groups' are held weekly in several Ontario Early Years Centres across the region. Call for more information:

Brampton Parent-Child Resource Centres
101-150 Central Park Drive, Brampton
905-791-9650

Caledon Parent Child Centre
150 Queen St. S., Bolton
905-857-0090

Dixie-Bloor Neighbourhood Resource Centre
3160 Tomken Rd, Mississauga
905-276-6392

Mississauga Parent-Child Resource Centres
1801 Lakeshore Rd W. Mississauga
905-822-1114

Mississauga Parent-Child Resource Centres
6677 Meadowvale Town Centre Circle, Mississauga
905-567-4156